

TROUSDALE COUNTY SENIOR CENTER

AUGUST 2015 CALENDAR

270 MARLENE STREET - HARTSVILLE, TN 37074

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GINNY HUNTER * CENTER DIRECTOR

STEPHANIE WHITE * ACTIVITIES COORDINATOR - RUBY PITRE * NCOA WORKFORCE

TRACIE EVERSOLE * MEALS-ON-WHEELS - 615-374-3987



**FUNDED BY: HARTSVILLE/TROUSDALE COUNTY GOVERNMENT AND
THE GREATER NASHVILLE REGIONAL COUNCIL AREA AGENCY AND DISABILITY**

SPECIAL THANK YOU'S

CITIZENS BANK * BIRTHDAY DINNER * OLD TIME EXPRESS * BINGO

SUNCREST * BLOOD PRESSURE CHECK * TROUSDALE BANK & TRUST * BIRTHDAY CAKE

HARTSVILLE PRINTING * NEWSLETTER SUPPLIES * COMPREHENSIVE CARE - BLOOD PRESSURE CHECK

EARLY BIRD CAFE - CURRENT EVENTS LUNCH

DEAR HARTSVILLE SENIORS:

MONDAY, AUG 3RD * 8:30 BREAKFAST AT MCDONALDS - 11:00 BINGO - 12:00 BINGO

TUESDAY, AUG 4TH * 9:00 MANICURE/PEDICURE - 10:00 KNITTING GROUP

12:00 COOKBOOK GROUP

THURSDAY, AUG 6TH * 5:00 TRIP TO DINNER/THEATER

TUESDAY, AUG 11TH * 10:00 KNITTING GROUP - 12:15 SUPPORT LOCAL BUSINESS

MEET A LA QUESADILLA

WEDNESDAY, AUG 12TH * 8:00 CANOE TRIP

THURSDAY, AUG 13TH * 9:00 SHOPPING TRIP AT RIVERGATE - LUNCH AT RED LOBSTER

MONDAY, AUG 17TH * 4:00 WILSON COUNTY FAIR

TUESDAY, AUG 18TH * 9:00 MANICURE/PEDICURE DAY - 10:00 KNITTING GROUP

THURSDAY, AUG 20TH * 10:30 LUNCH AT ARBY'S - BOWLING IN LEBANON

MONDAY, AUG 24TH * 11:00 SPEAKER ON FALL PREVENTION - 11:30 LUNCH AT CENTER

TUESDAY, AUG 25TH * 10:00 KNITTING GROUP - 12:00 CURRENT EVENTS

LUNCH BY EARLY BIRD CAFE

THURSDAY, AUG 27TH * 12:00 BIRTHDAY DINNER

MONDAY, AUG 31ST * 11:30 - MYSTERY LUNCH

WATER AEROBICS EVERY TUESDAY & THURSDAY 5:00 PM

REMINDERS!!!! - WII BOWLING 2ND AND 4TH TUESDAY * BINGO 2ND MONDAY

**ZUMBA MONDAYS * YOGA TUESDAY & FRIDAYS * CLASSIC CLASS TUESDAYS AND
FRIDAYS * LINE DANCING WEDNESDAYS * ROOK WEDNESDAYS & FRIDAYS BIBLE
STUDY WEDNESDAYS**

****HEALTHWAYS "SILVER SNEAKERS" EXERCISE IS THE MSROM FITNESS PROGRAM****

AUGUST BIRTHDAYS

BETTY CARR - AUG 1ST

RONNIE WILLOUGHBY - AUG 3RD

LINDA CASE - AUG 5TH

MALINDA JONES - AUG 6TH

BARB WILLOUGHBY - AUG 12TH



JULY DONATIONS

LINDA CASE - MONETARY

JOHN OLIVER - YARN

LINDA SPEARS - BOOKS

DAVID SATTERFIELD - VEGETABLES

DANA HASSLER - COMPUTER PROGRAM

